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Telma 40 mg: Understanding Blood Pressure Treatment

How Hypertension Is Managed, How Telmisartan Works & What Patients Should Know

What Is High Blood Pressure?

Blood Pressure Defined

The force of blood pushing against artery walls, expressed as **systolic (top)** over **diastolic (bottom)** numbers in mmHg.

Normal Range

Less than **120/80 mmHg** — the target for healthy cardiovascular function.

The Silent Risk

Elevated pressure can damage blood vessels and organs **without noticeable symptoms** — making regular monitoring essential.

Hypertension Threshold

130/80 mmHg or higher, sustained over time — indicating **high blood pressure requiring attention**.

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Why Blood Pressure Management Matters

Uncontrolled hypertension increases the risk of serious complications affecting multiple organ systems:

❤️ Heart

Increased workload can lead to heart disease and heart failure.

🧠 Brain

Higher risk of stroke and cognitive decline over time.

🫘 Kidneys

Damage to kidney blood vessels, reducing their ability to filter waste.

🩸 Blood Vessels

Weakening and narrowing of arteries throughout the body.

Effective management helps protect these vital organs and reduce long-term health risks.

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Telma 40 mg at a Glance

Active Ingredient

Telmisartan 40 mg per tablet

Drug Class

Angiotensin II Receptor Blocker (ARB)

Manufacturer

Glenmark Pharmaceuticals

Onset of Action

1 to 2 hours — effective for up to 24 hours

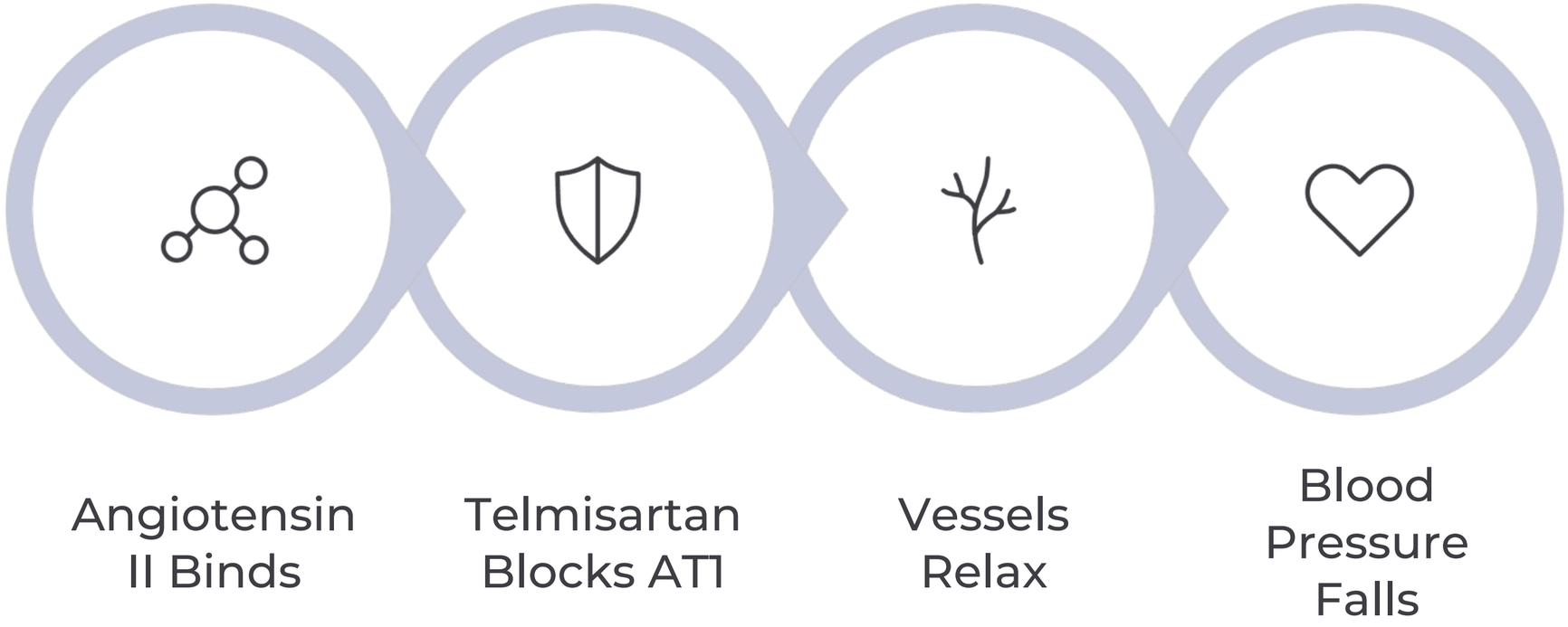
ANTIHYPERTENSIVE

ONCE DAILY

PRESCRIPTION ONLY

How Telma 40 mg Works

The mechanism: Telmisartan blocks angiotensin II — a hormone that narrows blood vessels and raises blood pressure.



This mechanism also decreases aldosterone release, preventing excessive sodium and water retention — making telmisartan therapy effective for both hypertension management and cardiovascular protection.

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When Is Telma 40 mg Used?

Primary Indications

High Blood Pressure

Management of hypertension in adults — the primary clinical use.

Cardiovascular Protection

Reduces risk of heart attack and stroke in patients with elevated cardiovascular risk.

Kidney Protection

Supports kidney function by reducing pressure within kidney blood vessels.

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Safety & Important Considerations

Common Side Effects

Dizziness, back or muscle pain, mild stomach discomfort, nasal congestion, sore throat, fatigue, sinus pain.

Serious Side Effects

High potassium levels, severe hypotension, allergic reactions (swelling of lips, face, tongue), kidney issues — **seek medical attention immediately**.

Drug Interactions

NSAIDs, potassium supplements, lithium, diuretics, and other blood pressure medications may interact. Inform your doctor of all medicines.

Pregnancy & Special Cases

Not recommended during pregnancy (especially after 3 months) or breastfeeding. Use with caution in kidney disease. Limit alcohol.

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Supporting Better Blood Pressure Control

Prescribed medication works best when combined with healthy lifestyle choices. These measures *complement — but do not replace —* your treatment:

Reduce Sodium

Limit salt in your diet to directly help lower blood pressure readings.

Physical Activity

Aim for at least **150 minutes** of moderate exercise per week.

Avoid Smoking

Smoking damages blood vessels and raises blood pressure significantly.

Regular Monitoring

Check your blood pressure as recommended by your healthcare provider.

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Get in Touch

We're Here to Help

Have questions about blood pressure management or our products?

Website: **Visit our homepage** for prescription treatment options

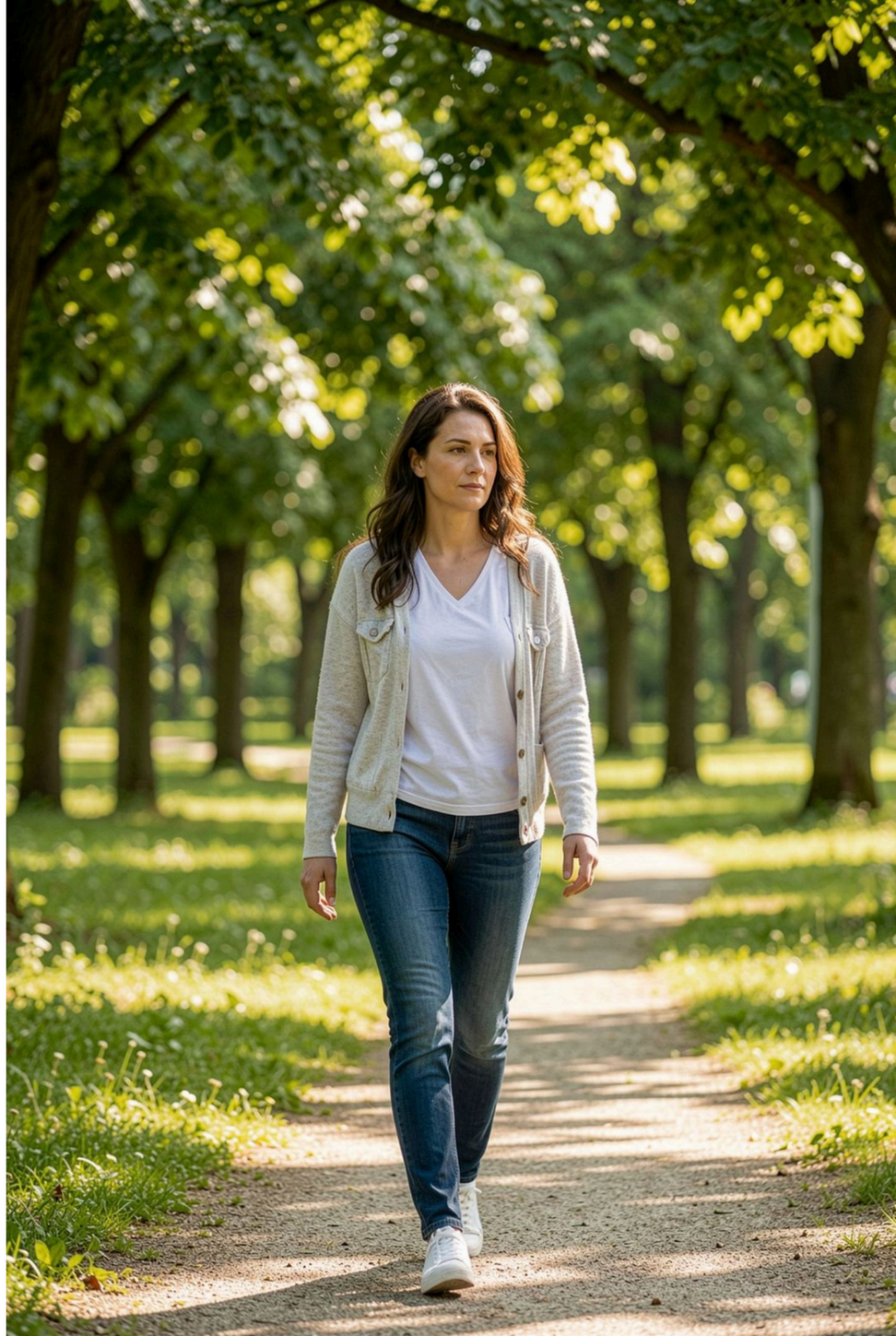
Email: info@ivercares.com

Phone: +1 734 274 6420

For more information about **telmisartan therapy**, consult your healthcare provider or visit our product page.

Thank You

Managing your blood pressure is an important step toward better health.

> Always consult with your healthcare provider before starting or changing any medication.

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